

NEWFOUNDLAND AND LABRADOR COLLEGE OF PHYSIOTHERAPISTS

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Questions and Answers

Is there additional training available for telerehabilitation?

Yes, Dalhousie Schools of PT, OT, and SLP have developed a course focused on Tele-rehab for students and clinicians.

Through a series of experiential opportunities, participants refine and develop skills required for administrating tele-healthcare, and telehealth supervision.

The course will be conducted over 7 weeks and starts on Friday, May 15th, 2020.

For more details contact: Karen Hurtubise

Are there Rehabilitation Considerations that have been developed during this time of COVID -19?

Please see this recent publication from WHO and paste:

<https://www.paho.org/en/topics/rehabilitation>

What is emergent care?

There are a number of definitions in different jurisdictions and disciplines, for example: *where the patient would otherwise deteriorate without treatment.*

For Newfoundland and Labrador the intent from the CMO is that any treatment intervention would be on a case by case basis and fall into the category of: *absolutely necessary.*

As stated previously, the above could be a reason a clinic might open but at this time all private clinics are ordered closed.

What platforms can I use in telerehabilitation?

A number of physiotherapists have been utilizing health care ZOOM, which is apparently accessible on most computers. Others that have been recommended include: Phzio, and Clinicmaster, Medexa, Physitrack, Doxy,Me , Mediseen

Thanks to PQ and Private Practice Division for some suggestions.

Each clinic should carry out due diligence to ensure privacy is preserved.

At Central Health we will only use CISCO Jabber as it is supported by NLCHI as a secure platform with assistance available and within that platform when a patient is booked through ischeduler they have links sent to pretest their device for compatibility. The info around the process for booking is not included in the guide as we will have clerical complete that process and the clinician to obtain consent again at the beginning of appointment. Central Health has a guide they may be willing to share.

What issues should I consider with tele-rehabilitation?

Jennifer O'Neil PhD candidate wrote the following on CPA website:

1. Is tele-rehabilitation appropriate for this client?
2. Do I have the skills and training to provide remote physiotherapy to my clients?
3. Am I providing evidence-based informed remotely delivered physiotherapy services?
4. Does this client have the required technology to support remote delivery?
5. Does this client need technical support or in-home support to facilitate your session?
6. What is your "big picture" goal for this remote session; consultation? Education? Assessment? Treatment?
7. Which platform will allow you to provide the same quality care as face-to-face?
8. Is the setting on the client's end a safe, secure, and confidential environment?
9. Is my environment appropriate for this delivery model (high speed internet, confidential setting, consent, and PIPEDA compliant platform, etc.)?
10. Am I following all of the required guidelines from my college?

Are there recommendations for working in Acute Care?

Yes these were just released March 26th



FINAL
Physiotherapy_Guid

What kind of physical training can I do personally?

As long as you are solo or with a partner 2 m apart – anything you enjoy will be positive for your physical and mental health: weight training and yoga are ideal. You still have to practice distancing if you are outside – no group rides if you are fat biking. And no group get together with hiking or snowshoeing.

Don't lose your training edge - it will help you mentally and boost your immune system.